



THRIVE IN 2025 GOAL SETTING WORKSHEET

Future Visualization

Future Visualization (this can be general and encompass my whole life, or relate to a specific area I want to focus on)

What do I want to be, do or have this year?

What does success look like?

How will I know I have achieved this?

What is motivating me towards this?

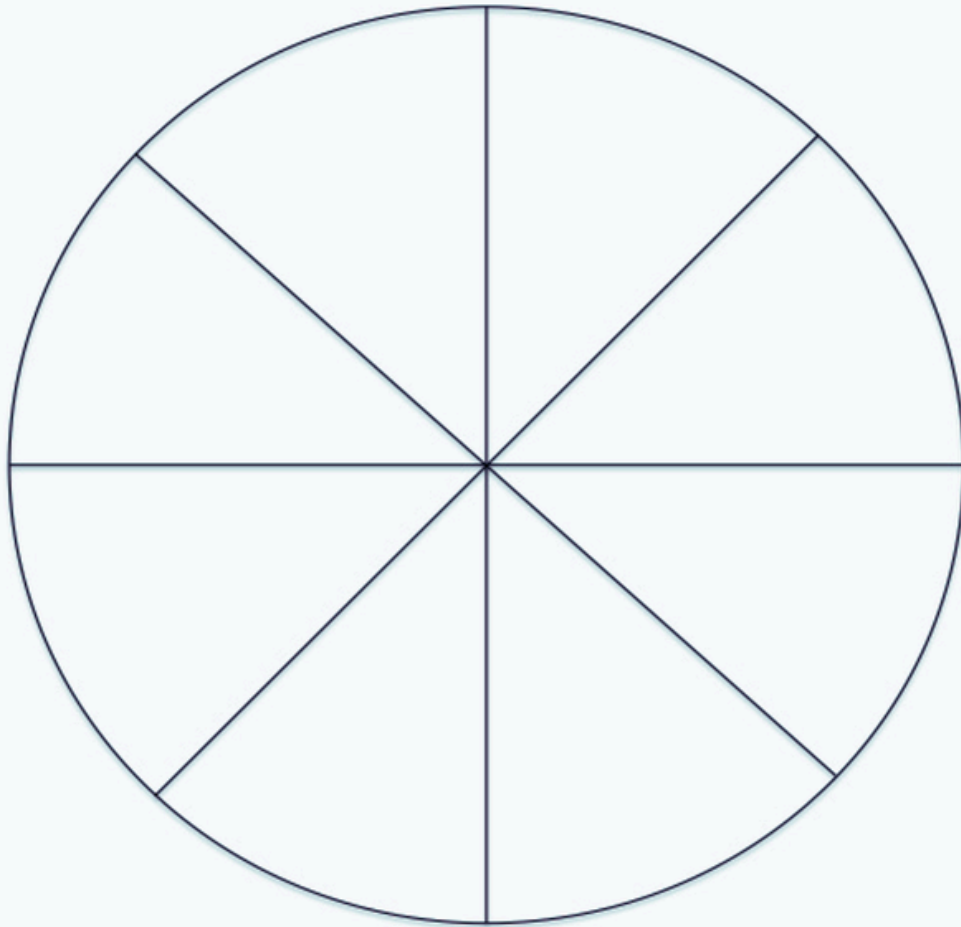
My 2025 Goal

Reflecting on the above, what is the most important thing to progress this year? Define this as a goal, as a positive statement, with a timeframe attached:

I am...

The Whole Picture

1. List the key areas relating to my 2025 goal that are involved in achieving it (EG: Work, Skills, Health, Mindset, Home, Family, Relationships, Finances, Social, Hobbies...)
2. Jot down, on a scale of 1-10 (10 = satisfied), how content you are currently with each
3. Highlight the three most important priority areas you want to focus on first to move you forward with this goal.



| PRIORITIES | Summarise what good looks like for each area |
|-----------------|--|
| PRIORITY AREA 1 | |
| PRIORITY AREA 2 | |
| PRIORITY AREA 3 | |